1. Find your max heart rate
2. If Stacy’s max heart rate is 180 and she wants to work out at a 60% intensity level what would her heart rate be?
3. Find the max heart rate of someone who is 24 years old
4. What is your target heart rate RANGE? (your answer should have two numbers separated by a dash)
5. Why do you think maximum heart rate goes down as you get older? (THE ANSWER HAS NOTHING TO DO WITH MATH)
6. Do 15 jumping jacks and then find your heart rate.
7. Find the max heart rate of someone who is 50 years old
8. Find your resting heart rate.
9. If Sam’s max heart rate is 200 and he wants to work out at an 85% intensity level what would his heart rate be?
10. Explain how to find your heart rate.
11. Explain why knowing your maximum heart rate is important.